

## You Can Reach For The Stars **FREE FROM NECK PAIN**

Total Body Therapy  
& Wellness Will  
Help You Find The  
Cause Of Your  
Neck Pain. So It  
Can Be Fixed!

### **INSIDE:**

Relieving Neck Pain &  
Headaches

Focus On Neck Pain To  
Relieve Headaches

Patient Success Spotlight



[www.tbtonline.com](http://www.tbtonline.com)

## NEWSLETTER

LOOK FORWARD TO A PAIN  
FREE & STRESS FREE LIFE!

LIVE WITHOUT NECK  
PAIN & HEADACHES



### WHY CHOOSE TOTAL BODY WELLNESS?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back and orthopedic care

### The Cause of Most Headaches

Headaches can range from minor nagging pains to full-blown migraines that knock you off your feet for a day or two. Any headache, whether tremendous pain or not, should be a warning sign that the muscles around your spine and neck may be too tight and tense. Prolonged muscle tension may cause you to feel stiff and achy. One may feel pain in the shoulders, neck, upper back and even radiating out to the upper arms. Most people who have headaches complain about having neck and shoulder pain. The most intense pain usually lies directly in the upper back sides of the neck. The pain then radiates into the shoulder area. This is why many people who have headaches treat themselves to frequent neck and shoulder massages.

### Relief That Works

Physical therapy goes beyond massages to evaluate and treat the root cause of your pain. Muscular tightness may lead to poor joint movement and weakness. Our physical therapy experts are trained in specialized, hands-on treatments to quickly reduce your pain. Furthermore, you can enjoy the added benefits of corrected posture and improved motion. We help to train you in gentle exercises and self-help techniques to relieve neck pain and headaches independently and prevent the problem from reoccurring.

Physical therapy can help you to relieve the tightness and tension in your muscles, helping you live a happy, pain-free life.

# FOCUS ON NECK PAIN TO RELIEVE HEADACHES

## Relieve That Nagging Headache Naturally!

The neck can be a hidden and debilitating source of headaches. Very often neck pain and headaches go hand-in-hand, leading to a miserable time coping with everyday activities. According to the National Institute of Health Statistics, neck pain and headaches are the second most common form of pain experienced by Americans, with 59% reporting it affected their enjoyment of life. Some headaches are often grouped under the term "cervicogenic headache" meaning that the primary source is from the neck.

There are well mapped out patterns of headaches that come from the different parts of the neck, shoulder and upper back areas. The discs between your bones (vertebrae) and joints in the upper neck often contribute to headaches. Even headaches located in the forehead or behind the eyes are often referred pains stemming from problem areas in the neck and base of the skull.

The joints connecting the top three vertebral levels of the neck handle almost 50% of the total motion of the entire neck. This means they absorb a lot of repetitive strain. These joints bear the main load of the weight of the head

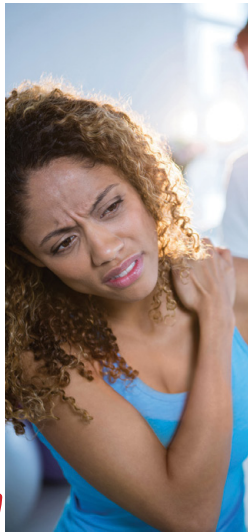
(about that of a bowling ball). With fatigue, poor posture, injuries, disc problems, arthritis, muscular stress and even prior surgeries, the wear and tear on this critical region of your body can prove too much, resulting in pain.

It is also possible that you may develop a narrowing of the spinal canal itself. Since the spinal cord runs through the spine, a narrowing of the canal or where the nerves exit, can lead to a condition called spinal stenosis.

There is much that can be done to treat neck pain and headaches. Our expert physical therapists have years of experience helping people with neck pain and headaches. By finding the root cause of your neck pain and headaches we can relieve your pain quickly, reduce the need for medication and get you back to the activities you enjoy.

Discover how our team of specialists at Total Body Therapy & Wellness can eliminate your neck pain and headaches allowing you to live a happy, active and pain-free life.

**Call today for more details! 910-893-2850**



### RELIEVE NECK PAIN IN MINUTES

Try this movement if you are experiencing neck pain.

#### SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders. Hold for 10 seconds. Repeat 6 times.

Helps Neck Pain



### REFER A FRIEND



**Do You Have Friends Or Family  
Unable To Do The Following:  
Who Do You Know That Needs Our Help?**

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

**Have Them Call Us  
Today! They will thank you  
and so will we!  
Call 910-893-2850**

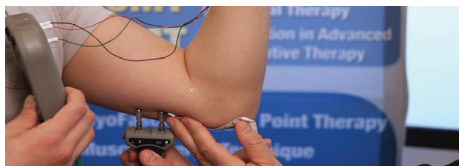


## Patient Success Spotlight

### **"I am able to play an entire round of golf at 100%"**

*"I came to TBTW because I was having some moderate to severe pain in my back and the pain would be inconsistent. I was having trouble being able to play an entire round of golf without the pain showing up or getting worse at some point throughout the round. As far as activities outside of my hobbies, pain would come and go based on what I would be doing, especially picking up heavier objects. Now that I have completed PT, I feel that I am able to do all of my hobbies and other activities without causing any pain at all, which has made everything much more pleasant. By not having any pain and being able to play an entire round of golf at 100%, I have noticed an increase in enjoyment and I have also noticed that I am hitting the ball better, resulting in lower scores." - James K.*

## Getting Results With Diagnostic Tools



### **Now Offering Cutting Edge Technology**

As technology continues to advance, so does modern medicine. In particular, advancements in the field of electrodiagnostic medicine and ultrasound have greatly improved medical professionals' ability to diagnose a whole host of conditions that can affect the peripheral nervous system and the musculoskeletal system.

Ultrasound imaging is a fast and inexpensive diagnostic tool that is capable of producing excellent images of the musculoskeletal system without the use of ionizing radiation. Ultrasound gives a clear image of ligaments, muscles and bones to help your therapist see exactly what the cause of your pain is.

When it comes to more accurately diagnosing neuromuscular disorders, electromyography (EMG) is an essential tool. Electromyography (EMG) is a diagnostic procedure to assess the health of muscles and the nerve cells that control them (motor neurons).

Your therapist will interpret the results of your EMG and ultrasound exams and prepare a report. This helps get to the root of your problem so it can be treated properly. At Total Body Therapy & Wellness EMG is performed by a Doctor of PT.

# COMPLIMENTARY WORKSHOPS

**If you, or a loved one, has pain, join us in a complimentary informative workshop on common causes, treatments, and prevention of your pain.**



**SATURDAY, JULY 21ST:**  
**LOW BACK PAIN • 10AM**  
**DRY NEEDLING • 1PM**

**CALL TODAY**  
**910-893-2850**

  
**Total Body Therapy & Wellness**

**2 The Square at Lillington,  
Lillington, NC 27546**

Limited to 25 to register. Each person to register will get a copy of Sara Morrison's book "Improve Your Balance, Live Your Life" about how improving your balance allows you to live the life you deserve.



**www.tbtonline.com**



# A ONE DAY SPECIAL OFFER FOR ALL PRESENT AND PAST PATIENTS OF TOTAL BODY THERAPY & WELLNESS



This summer marks the 10th year Total Body Therapy & Wellness has been serving the great people of the Lillington, NC area. We want to do something special to celebrate! This is our BIG THANK YOU for allowing us to serve you. To thank you, our valued clients, we are having a day of completely Free Exams for:

- All past clients who have not been seen in PT in more than 3 months
- All present clients who have another problem currently not being treated
- All loved ones, family, friends, neighbors and co-workers of our past and present patients

If you are a past or present patient then **call 910-893-2850 to schedule your Free Exam.**

If you are referring a friend or family member, give them the certificate included in this letter and have them call 910-893-2850 to schedule their Free Exam.

## The day of Free Exams will be on: Wednesday, July 18th

The Free Exam consists of a 20 minute one-on-one appointment with the Physical Therapist of your choice.

- The PT will talk with you about the history of your problem.
- They will take measurements to test how well you are moving and to test your strength.

After a thorough exam, they will give you a summary of:

- The cause of your pain or problem.
- A plan for successful treatment.



**The appointments are free, but are limited.**

**Call 910-893-2850 now to schedule your Free Exam.**

## The Free Exam is ideal for people suffering with:

- |                   |             |                 |                    |
|-------------------|-------------|-----------------|--------------------|
| • Lower Back Pain | • Sciatica  | • Headaches     | • Knee Pain        |
| • Arthritis       | • Neck Pain | • Shoulder Pain | • Problems Walking |

**Call 910-893-2850 to schedule your Free Exam for  
Wednesday, July 18th 2018.**



**2 The Square at Lillington  
Lillington, NC 27546  
910-893-2850**

## CERTIFICATE FOR A FREE EXAM ONE DAY ONLY Wednesday, July 18th

- For all past clients who have not been seen in PT in more than 3 months
- For all present clients who have another problem currently not being treated
- For all loved ones, family, friends, neighbors and co-workers of our past and present patients



# Top 10 Must Read Tips For Back Pain-Free Travel This Summer

Summer is upon us. And summer means travel! But the best laid travel plans can be ruined by an aching lower back. In celebration of summer, here are our top 10 must-read tips for back pain-free travel this summer.

- 1. Pack light.** You are better off using 2 or 3 smaller bags instead of one large bag. Remember that you will be lifting these bags in and out of your car trunk, off airport baggage carousels, into and out of overhead bins, etc.
- 2. Lift with your legs and never twist while lifting.** Do not bend over at the hips when lifting. Instead bend your knees and lift using your legs. Most importantly, do not twist as twisting while lifting is one of the most common causes of back strain. Pivot with your feet so that your whole body moves instead of just twisting your back.
- 3. Ask flight attendants for help.** If you explain you have a back condition, most flight attendants are eager to help. You'd be surprised how other passengers are also more than willing to help. If your bags are light, it's even less of a burden to ask.
- 4. Aisle seat is best.** Though most people prefer window seats, for someone with low back pain, an aisle seat can be a back-saver. It allows you to get in and out of your seat easier and move around the cabin more comfortably.
- 5. Do not hesitate to ask for wheelchair-assistance.** If walking from your parking spot all the way to the gate will be too much for your back, ask for wheelchair assistance. This is best done when you make your reservations. This way you won't have to carry your luggage, walk to your gate, or stand in line at security. Traveling with a letter from your physical therapist can help explain your condition and help get you the accommodations that you need.
- 6. Sit with support.** Whether traveling by plane or going on a road trip, maintaining proper posture when seated is important. To maintain the natural inward curve in your lower back, use a folded towel or blanket or a commercial lumbar roll.
- 7. Consider packing a travel footrest.** With some conditions placing your feet on something so your knees are higher than your hips can reduce pressure on your lower back. A piece of luggage is a good substitute for a travel footrest.
- 8. Get up and move.** Prolonged sitting tends to stiffen our back muscles and put a strain on our spine. If possible, try to get out of your seat or your car at least once every hour. Better yet, once every 30 minutes. Movement helps your circulation going which keeps your back loose and relaxed. It will help prevent blood clots too!
- 9. Stretch your hamstrings and hip flexors.** For long periods, when you can't get up due to meal or beverage service, or when the seat belt sign is on for a prolonged period, do stretching exercises while seated. Also try to get up and about, if you can, to do some stretches; this can help alleviate pain and pressure from your back.
- 10. Bring cold and hot packs for quick pain relief.** Despite taking the necessary precautions, your back pain may still flare up while you're away from the comforts of home. If so, try applying a cold pack or alternating ice and heat. Ice and hot packs should be easily accessible while traveling. If not, you can simply put some ice in a plastic bag and apply it to the area of pain. Plan ahead by bringing disposable hot packs that heat up when you open them.